

# Fairfield Public Schools



## Food & Nutrition Services JANUARY 2013 NEWSLETTER



### Food Consultant Project Update

#### Who?

John Turenne – Chef, President and Founder of Sustainable Food Systems, LLC – a school food consulting company who works with schools, hospitals and colleges across the US in bridging the gap between conventional and sustainable food. Food that is better for us and our planet's health. Chef John has worked with First Lady Michele Obama on her Let's Move campaign as well as on the award winning Jamie Oliver's Food Revolution television show.

#### What are we working on in Fairfield?

John & FPS are working collaboratively to implement a lunch menu that provides healthy, affordable and popular choices. We are developing a kid-friendly menu that utilizes recipes that are mostly cooked from scratch. We have begun training school managers and cooks how to prepare these menus and talk with students and teachers about these exciting changes.

#### Why are we doing this?

School meals are a great place to positively impact many children regarding healthy lifestyles. The new lunch menus and the new USDA nutritional guidelines focus on serving more fresh fruits, vegetables and grains than in the past. Students will begin to develop new experiences in taste and eating habits.

#### What can you do?

Support and encourage your children to eat as many of the new school meals as possible. These changes are designed to bring school food into a new and exciting era. Please remember that with new programs, change often includes challenges. We're working hard to further train staff and shop for the best ingredients. Ask your children what they had for lunch, what they liked about it and what they wished was different. Try some of the new lunch items at home – maybe they are variations of family favorites already!

#### What we have worked on so far:

- Established a Lead Team of stakeholders representing the community
- Established Elementary and Middle School pilot sites for testing, training and roll out
- Held Culinary Training for all 16 Cook Managers
- Utilizing several new scratch cooked recipes

## Quotes

"We are very pleased to work with John Turenne. His expertise will help us meet and exceed the new federal guidelines for healthy school lunches by serving high quality, nutritious and tasty meals to our 10,000 students every day."

- Dr. Title, Superintendent of Fairfield Schools

"The Fairfield Public Schools Food and Nutrition Department is pleased to have John Turenne working with the staff to share his culinary skills to enhance our school meals. Students have been excited to see Chef John visit their schools."

- Joann Fitzpatrick, Manager of Food and Nutrition Services

"Fuel For Learning Partnership, the PTA council committee working to bring more healthful options to our children's lunch, believes having John working with our district is an amazing opportunity and we expect to see very positive changes which will benefit all our children."

- Tara Cook-Littman, Chair of Fuel For Learning Partnership

"Having had the opportunity to work with many school districts across the county, I am excited to have the opportunity to collaborate with a district that has chosen to adhere with national standards through a 'scratch cooking' strategy. In addition, Fairfield has such a passionate and organized parent stakeholder group that will be a huge asset to our work. Through a concerted effort, Fairfield Public Schools can be an example of how to go about providing delicious and nutritious meals to our children."

- John Turenne, President, Sustainable Food Systems

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## Spicy Fat Fries

A favorite recipe among the Fairfield students is included below so that parents and their children are able enjoy them at home too!

*"We perfected this recipe while working on the Food Revolution television project in West Virginia and tested it in our Pilot Schools here in Fairfield.. It seems wherever we go, kids can't stop raving about this version of a better steak fry. You may adjust the seasoning however you see best fits your families taste." – J. Turenne*

4 each	Russet (Idaho) potatoes
¼ cup	Vegetable Oil
1 tsp.	Paprika
1 tsp.	Cumin, ground
1 tsp.	Garlic, granulated
½ tsp.	Salt
½ tsp.	White pepper



1. Wash and cut the potatoes the long way into 8 equally sized wedges.
2. Mix spices together.
3. In a large enough bowl, mix potato wedges, oil and spices and toss to coat evenly.
4. Lay seasoned potato wedges in one layer on a baking pan.
5. Roast in 425 degree oven for 15 - 20 minutes (turn the wedges once after 10 minutes) or until lightly browned and crisp on the outside and fluffy on the inside.

Food & Nutrition Services

[www.fairfieldschools.org/parent\\_resources\\_food\\_services.htm](http://www.fairfieldschools.org/parent_resources_food_services.htm)